【少林传统功夫系列丛书】

Shaolin Traditional Kungfu Series Books

七星白螳螂猿孝母拳

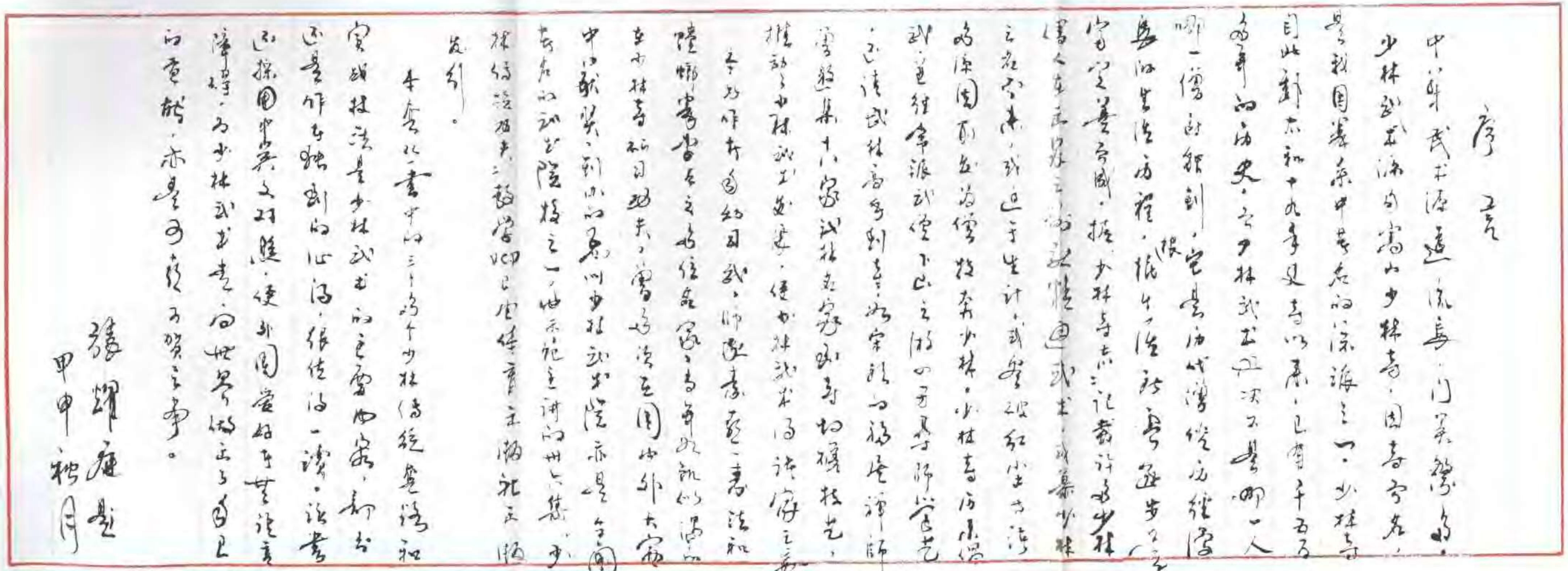
Seven-star Mantis Boxing(White Ape Offering Mother)

耿军 著

Written by Geng Jun

人民体育出版社

PEOPLE'S SPORTS PUBLISHING HOUSE



▲张耀庭——原中国武术协会主席，国家武术研究院院长　Zhang Yaoting, the former Chairman of China Wushu Association, President of State Wushu Research Institute

Preface

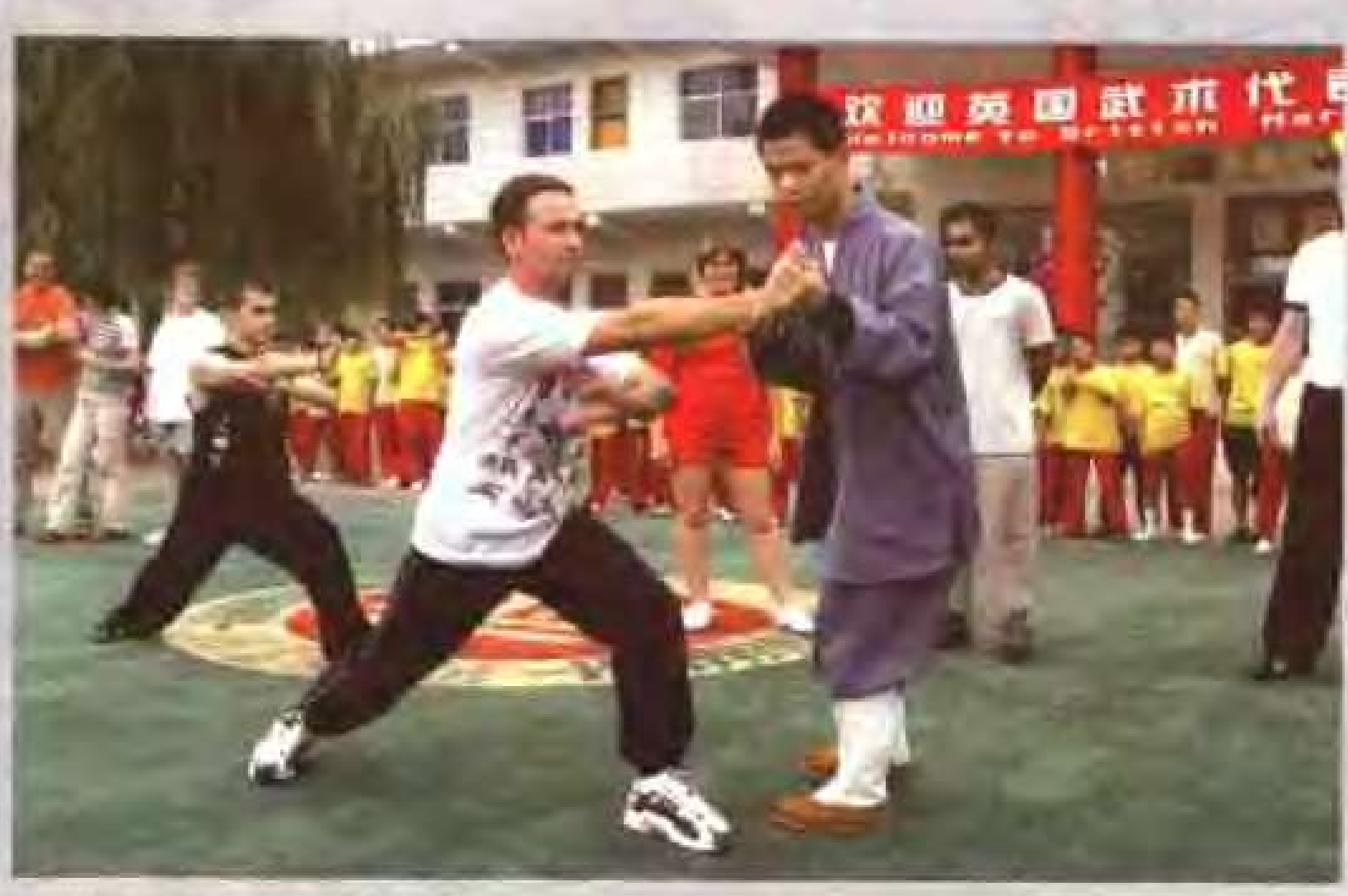
Chinese Wushu is originated from ancient time and has a long history, it has various styles.

Shaolin Wushu named from the Shaolin Temple of Songshan Mountain, it is one of the famous styles in the Chinese boxing genre. Shaolin temple has more than 1500 years of history since its establishment in the 19th year of North Wei Taihe Dynasty. No one genre of Shaolin Wushu is created solely by any person or monk, but completed gradually by Buddhist monks and common people from generation to generation through long-lasting living course according to the requirements of life. As recording of Record of Shaolin Temple, many Shaolin Buddhist monks had already got a mastery of Wushu before they became a Buddhist monk, they came to Shaolin for tonsure to be a Buddhist monk due to many reasons such as admiring for the name of Shaolin, or by force of life or seeing through thevanity of life. The Shaolin Temple always promotes Wushu and frequently appoints Wushu Buddhist monks to go down the mountain to roam around for searching masters and learning Wushu from them. It also invites Wushu experts to come to the temple, such as Buddhist monk Fuju of Song Dynasty, it once invited Wushu famous exports of 18 schools to come to the temple to make skill interchange, which promoted the development of Shaolin Wushu and made it absorb advantages of all other schools.

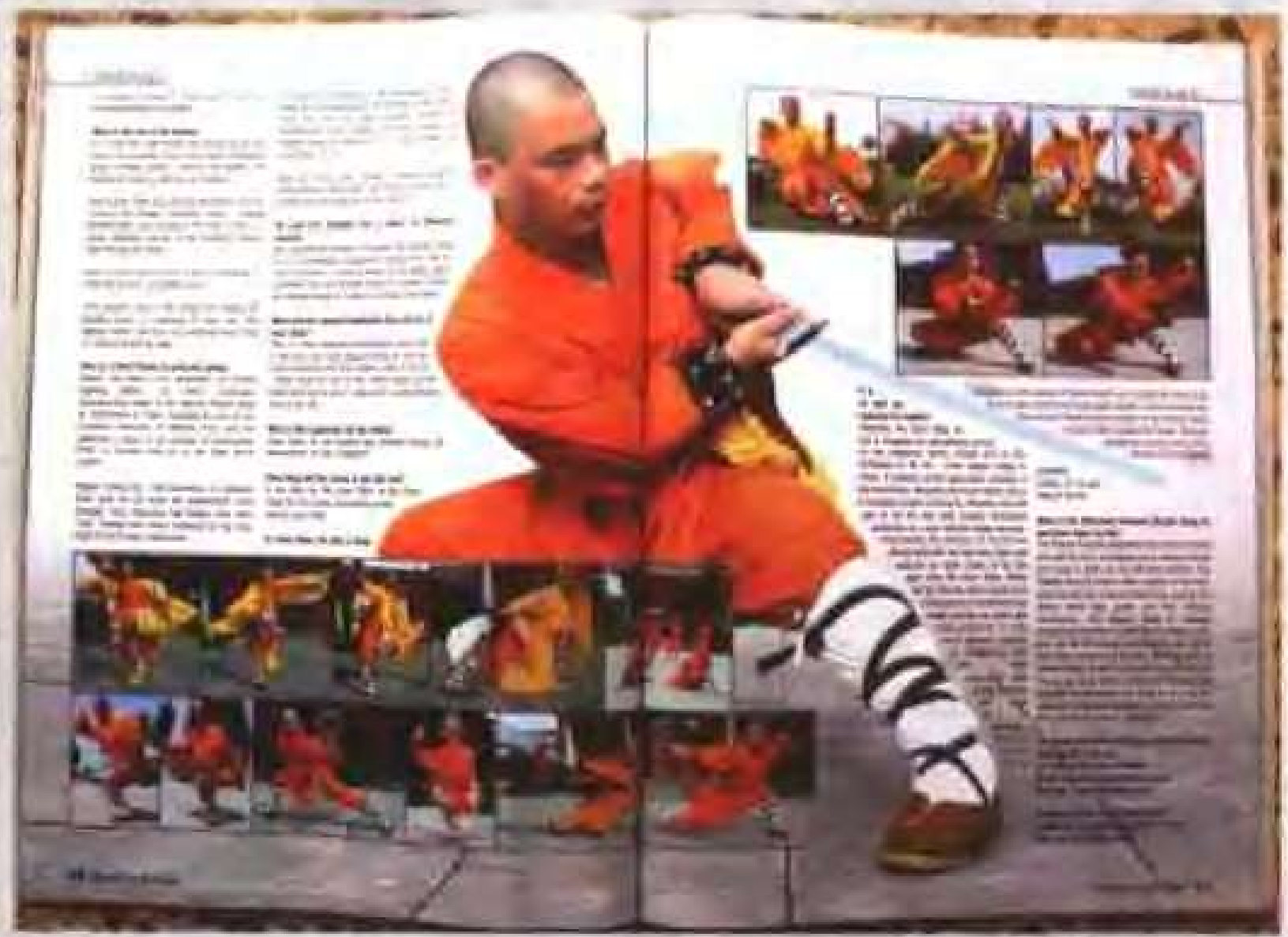
The author learned from many famous exports such as Suxi, Sufa and Li Zhanyuan of Mantis Boxing, he studied Chinese boxing eagerly in Shaolin Temple, and got lots of awards both at home and abroad, he also set up the Mengzhou Shaolin Wushu Institute, which is one of the most famous Wushu institutes around China. He makes demonstration and teaching in the 36 volumes teaching VCD of Shaolin Traditional Wushu, which have been published by Peoples sports Audio Visual publishing house.

There are more than 30 traditional Shaolin routines and practical techniques in this series of books, which are the main content of Shaolin Wushu, and part of which is the original things learned by the author, it is worthy of reading. The series books adopt Chinese and English versions, make foreign fans have no language barrier, and make contribution to Shaolin Wushu going to the world, which is delighting and congratulating thing.

Titled by Zhang Yaoting



▲作者传艺英国弟子
The Author is teaching Wushu skill to his English disciples



▲武术杂志上的耿军
Geng Jun on the Cover of Wushu Magazine

▲作者已出版的教学光盘
The Author's Teaching VCDs which have been published.

▲作者与恩师素法大师
The Author and his Teacher Grandmaster Sufa

▲作者与原国家武术协会主席张耀庭
The Author and the former Chairman of the Chinese Wushu Association
Zhang Yaoting

作者简介

耿军（法号释德君），1968年11月出生于河南省孟州市，系少林寺三十一世皈依弟子。中国武术七段、全国十佳武术教练员、中国少林武术研究会副秘书长、焦作市政协十届常委、济南军区特警部队特邀武功总教练、洛阳师范学院客座教授、英才教育集团董事长。1989年创办孟州少林武术院、2001年创办英才双语学校。先后获得河南省优秀青年新闻人物、全国优秀武术教育家等荣誉称号。

1983年拜在少林寺住持素喜法师和著名武僧素法大师门下学艺，成为大师的关门弟子，后经素法大师引荐，又随螳螂拳一代宗师李占元、金刚力功于宪华等大师学艺。在中国郑州国际少林武术节、全国武林精英大赛、全国武术演武大会等比赛中6次获得少林武术冠军；在中华传统武术精粹大赛中获得了象征少林武术最高荣誉的“达摩杯”一座。他主讲示范的36集《少林传统功夫》教学片已由人民体育音像出版社出版发行。他曾多次率团出访海外，在国际武术界享有较高声誉。

他创办的孟州少林武术院，现已发展成为豫北地区最大的以学习文化为主、以武术为办学特色的封闭式、寄宿制学校，是中国十大武术教育基地之一。

Brief Introduction to the Author

Geng Jun (also named Shidejun in Buddhism) , born in Mengzhou City of Henan Province, November 1968, is a Buddhist disciple of the 31st generation, the 7th section of Chinese Wu shu, national "Shijia" Wu shu coach, Vice Secretary General of China Shaolin Wu shu Research Society, standing committee member of 10th Political Consultative Conference of Jiaozuo City, invited General Kungfu Coach of special police of Jinan Military District, visiting professor of Luoyang Normal University, and Board Chairman of Yingcai Education Group. In 1989, he established Mengzhou Shaolin Wu shu Institute; in 2001, he established Yingcai Bilingual School. He has been successively awarded honorable titles of "Excellent Youth News Celebrity of Henan Province", "State Excellent Wu shu Educationalist", etc.

In 1983, he learned Wu shu from Suxi Rabbi, the Abbot of Shaolin Temple, and Grandmaster Sufa, a famous Wu shu monk, and became the last disciple of the Grandmaster. Then recommended by Grandmaster Sufa, he learned Wu shu from masters such as Li Zhanyuan, great master of mantis boxing, and Yu Xianhua who specializes in Jingangli gong. He won the Shaolin Wu shu champion for 6 times in China Zhengzhou International Wu shu Festival, National Competition of Wu lin Elites, National Wu shu Performance Conference, etc., and one "Damo Trophy" that symbolizes the highest honor of Shaolin Wu shu in Chinese Traditional Wu shu Succinct Competition. 36 volumes teaching VCD of Shaolin Traditional Wu shu has been published and issued by People's Sports Audio Visual Publishing House. He has led delegations to visit overseas for many times, enjoying high reputation in the martial art circle of the world.

Mengzhou Shaolin Wu shu Institute, established by him, has developed into the largest enclosed type boarding school of Yubei (north of Henan Province) area, which takes knowledge as primary and Wu shu as distinctiveness, also one of China's top ten Wu shu education bases.

序 言

中华武术源远流长，门类繁多。

少林武术源自嵩山少林寺，因寺齐名，是我国拳系中著名的流派之一。少林寺自北魏太和十九年建寺以来，已有一千五百多年的历史。而少林武术也决不是哪一人哪一僧所独创，它是历代僧俗历经漫长的生活历程，根据生活所需逐步丰富完善而成。据少林寺志记载许多少林僧人在出家之前就精通武术或慕少林之名而来或迫于生计或看破红尘等诸多原因削发为僧投奔少林，少林寺历来倡武，并经常派武僧下山，云游四方寻师学艺。还请武林高手到寺，如宋朝的福居禅师曾邀集十八家武林名家到寺切磋技艺，推动了少林武术的发展，使少林武术得诸家之长。

本书作者自幼习武，师承素喜、素法和螳螂拳李占元等多位名家，当年如饥似渴在少林寺研习功夫，曾多次在国内外大赛中获奖。创办的孟州少林武术院亦是全国著名的武术院校之一，他示范主讲的36集《少林传统功夫》教学VCD已由人民体育音像出版社发行。

本套丛书的三十多个少林传统套路和实战技法是少林武术的主要内容，部分还是作者独到心得，很值得一读，该书还采用中英文对照，使外国爱好者无语言障碍，为少林武术走向世界做出了自己的贡献，亦是可喜可贺之事。

张耀庭题

甲申秋月

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说 明

（一）为了表述清楚，以图像和文字对动作作了分解说明，练习时应力求连贯衔接。

（二）在文字说明中，除特别说明外，不论先写或后写身体的某一部分，各运动部位都要求协调活动、连贯衔接，切勿先后割裂。

（三）动作方向转变以人体为准，标明前后左右。

（四）图上的线条是表明这一动作到下一动作经过的线路及部位。左手、左脚及左转均为虚线（------►）；右手、右脚及右转均为实线（——►）。

Instructions

(I) In order to explain clearly, figures and words are used to describe the actions in multi steps. Try to keep coherent when exercising.

(II) In the word instruction, unless special instruction, each action part of the body shall act harmoniously and join coherently no matter it is written first or last, please do not separate the actions.

(III) The action direction shall be turned taking body as standard, which is marked with front, back, left or right.

(IV) The line in the figure shows the route and position from this action to the next action. The left hand, left foot and turn left are all showed in broken line (------►); the right hand, right foot and turn right are all showed in real line (——►).

基本步型与基本手型

Basic stances and Basic hand forms

图 1

图 2

图 3

图 4

图 5

图 6

图 7

图 8

图 9

图 10

图 11

图 12

图 13

图 14

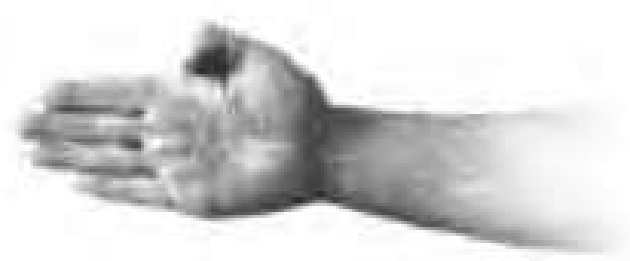

图 15

图 16

图 17

图 18

图 19

图 20

图 21

基本步型

少林武术中常见的步型有：弓步、马步、仆步、虚步、歇步、坐盘步、丁步、并步、七星步、跪步、高虚步、翘脚步 12 种。

弓步：俗称弓箭步。两腿前后站立，两脚相距本人脚长的 4~5 倍；前腿屈至大腿接近水平，脚尖微内扣不超过 5°；后腿伸膝挺直，脚掌内扣 45°。（图 1）

马步：俗称骑马步。两脚开立，相距本人脚长的 3~3.5 倍，两脚尖朝前；屈膝下蹲大腿接近水平，膝盖与两脚尖上下成一条线。（图 2）

仆步：俗称单叉，一腿屈膝全蹲，大腿贴紧小腿，膝微外展，另一腿直伸平仆接近地面，脚掌扣紧与小腿成 90°夹角。（图 3）

虚步：又称寒鸡步。两脚前后站立，前后相距本人脚长的 2 倍；重心移至后腿，后腿屈膝下蹲至大腿接近水平，脚掌外摆 45°；前腿脚尖点地，两膝相距 10 厘米。（图 4）

歇步：两腿左右交叉，靠拢全蹲；前脚全脚掌着地，脚尖外展，后脚脚前掌着地，臀部微坐于后腿小腿上。（图 5）

坐盘步：在歇步的形状下，坐于地上，后腿的大小腿外侧和脚背均着地。（图 6）

丁步：两腿并立，屈膝下蹲，大腿接近水平，一脚尖点地靠拢另一脚内侧脚窝处。（图 7）

并步：两腿并立，屈膝下蹲，大腿接近水平。（图 8）

七星步：七星步是少林七星拳和大洪拳中独有的步型。一脚内侧脚窝内扣于另一脚脚尖，两腿屈膝下蹲，接近水平。（图 9）

跪步：又称小蹬山步。两脚前后站立，相距本人脚长的 2.5 倍，前腿屈膝下蹲，后腿下跪，接近地面，后脚脚跟离地。（图 10）

高虚步：又称高点步。两脚前后站立，重心后移，后腿脚尖外摆 45°，前腿脚尖点地，两脚尖相距一脚距离。（图 11）

翘脚步：在七星螳螂拳中又称七星步，两腿前后站立，相距本人脚长的 1.5 倍，后脚尖外摆 45°，屈膝下蹲，前腿直伸，脚跟着地，脚尖微内扣。（图 12）

基本手型

少林武术中常见的手型有拳、掌、钩3种。

拳：分为平拳和透心拳。

平拳：平拳是武术中较普遍的一种拳型，又称方拳。四指屈向手心握紧，拇指横屈扣紧食指。（图13）

透心拳：此拳主要用于打击心窝处，故名。四指并拢卷握，中指突出拳面，拇指扣紧抵压中指梢节处。（图14）

掌：分为柳叶掌、八字掌、虎爪掌、鹰爪掌、钳指掌。

柳叶掌：四指并立，拇指内扣。（图15）

八字掌：四指并立，拇指张开。（图16）

虎爪掌：五指分开，弯曲如钩，形同虎爪。（图17）

鹰爪掌：又称锁喉手，拇指内扣，小指和无名指弯曲扣于掌心处，食指和中指分开内扣。（图18）

钳指掌：五指分开，掌心内含。（图19）

钩：分为钩手和螳螂钩。

钩手：屈腕，五指自然内合，指尖相拢。此钩使用较广，武术中提到的钩均为此钩。（图20）

螳螂钩：又称螳螂爪，屈腕成腕部上凸，无名指、小指屈指内握，食指、中指内扣，拇指梢端按贴于食指中节。（图21）

Basic stances

Usual stances in Shaolin Wushu are: bow stance, horse stance, crouch stance, empty stance, rest stance, cross-legged sitting, T-stance, feet-together stance, seven-star stance, kneel stance, high empty stance, and toes-raising stance, these twelve kinds.

Bow stance: commonly named bow-and-arrow stance. Two feet stand in tandem, the distance between two feet is about four or five times of length of one's foot; the front leg bends to the extent of the thigh nearly horizontal with toes slightly turned inward by less than 5°; the back leg stretches straight with the sole turned inward by 45°. (Figure 1)

Horse stance: commonly named riding step. two feet stand apart, the distance between two feet is 3~3.5 times of length of one's foot, with tiptoes turned forward; bend knees to squat downward, with thighs nearly horizontal, knees and two tiptoes in line. (Figure 2)

Crouch stance: commonly named single split. Bend the knee of one leg and squat entirely with thigh very close to lower leg and knee outspread slightly, straighten the other leg and crouch horizontally close to floor, keep the sole turned inward and forming an included angle of 90°with lower leg. (Figure 3)

Empty stance: also named cold-chicken stance. Two feet stand in tandem, the distance between two feet is 2 times of length of one's foot; transfer the barycenter to back leg, bend the knee of the back leg and squat downward to the extent of the thigh nearly horizontal, with the sole turned outward by 45°; keep the tiptoe of front leg on the ground, with distance between two knees of 10cm. (Figure 4)

Rest stance: cross the two legs at left and right, keep them close and entirely squat; keep the whole sole of the front foot on the ground with tiptoes turned outward, the front sole of the back foot on the ground, and buttocks slightly seated on the lower leg of the back leg. (Figure 5)

Cross-legged sitting: in the posture of rest stance, sit on the ground, with the outer sides of the thigh and lower leg of the back leg and instep on the ground. (Figure 6)

T-stance: two legs stand with feet together, bend knees and squat to the extent of the thighs nearly horizontal, with one tiptoe on the ground and close to inner side of the fossa of the other foot. (Figure 7)

Feet-together stance: two legs stand with feet together, bend knees and squat to the extent of the thigh nearly horizontal. (Figure 8)

Seven-star stance: Seven-star step is a unique step form in Shaolin Seven-star Boxing and Major Flood Boxing. Keep the inner side of the fossa of one foot turned inward onto tiptoe of the other foot, bend two knees and squat nearly horizontal. (Figure 9)

Kneel stance: also named small mountaineering stance. Two feet stand in tandem, the distance between two feet is 2.5 times of length of one's foot, bend knee of the front leg and squat, kneel the back leg close to the floor, with the heel of back foot off the floor. (Figure 10)

High empty stance: also named high point stance. Two feet stand in tandem. Transfer the barycenter backward, turn the tiptoe of the back leg outward by 45°, with tiptoe of front leg on the ground, and the distance between two tiptoes is length of one foot. (Figure 11)

Toes-raising stance: also named seven-star stance in Seven-star Mantis Boxing. Two legs stand in tandem, and the distance between two legs is 1.5 times of length of

one´s foot. Keep the tiptoe of back leg turned outward by 45°, bend knees and squat, straighten the front leg with heel on the ground and tiptoe turned inward slightly. (Figure 12)

Basic hand forms

Usual hand forms in Shaolin Wushu are: fist, palm and hook, these three kinds.

Fist: classified into straight fist and heart-penetrating fist.

Flat fist: a rather common fist form in Wushu, also named square fist. Hold the four fingers tightly toward the palm, and horizontally bend the thumb to button up the fore finger. (Figure 13)

Heart-penetrating fist: mainly used for striking the heart part. Put four fingers together and coil-hold them, the middle finger thrusts out the striking surface of the fist, the thumb buttons up and presses the end and joint of the middle finger. (Figure 14)

Palm: classified into willow leaf palm, splay palm, tiger´s claw palm, eagle´s claw palm, fingers clamping palm.

Willow leaf palm: palm with four fingers up and thumb turned inward. (Figure 15)

Eight-shape palm: palm with four fingers up and thumb splay. (Figure 16)

Tiger´s claw palm: palm with five fingers apart, bent as hook and like tiger´s claw. (Figure 17)

Eagle´s claw palm: also named throat locking hand, with the thumb turned inward, the little finger and middle finger turned onto palm, fore finger and middle finger apart and turned inward. (Figure 18)

Fingers clamp palm: palm with five fingers apart and

palm drawn in. (Figure 19)

Hook: classified into hook hand and mantis hook.

Hook hand: bend the wrist, five fingers drawn in naturally with fingertips together. This hook is used in wide range, the hook mentioned in Wushu refers to this. (Figure 20)

Mantis hook: also named mantis´ claw, bend wrist into wrist bulge upward, the ring finger and little finger bend to hold inward, with fore finger and fore middle finger turned inward and end of thumb pressed on the middle joint of the fore finger. (Figure 21)

白猿孝母套路简介

Brief Introduction Routine to the White Ape Giving Presents to the Mother

七星螳螂拳是清初拳师王郎在研究螳螂捕蝉时运用两臂劈、砍、刁、闪的捕斗技巧而创编的一种象形拳法，后王郎入少林寺3年，向寺僧传授螳螂拳法，白猿孝母是七星螳螂拳其中的一个套路，该套路刚柔并济、长短互用、手到脚到、贯穿紧凑、节奏明快、劲整力圆、周身相合、勾搂缠封、变化无穷。

Seven-star mantis boxing is a kind of shape-simulating boxing, which was developed and compiled by Wang Lang, a boxer at early Qing Dynasty, applying the capturing and fighting skills of the two arms when he researched the scene of mantis capturing cicada. Later, Wang Lang stayed at Shao Temple for 3 years, and taught mantis boxing to the monks of this temple. White Ape Giving Presents to the Mother is one of the routines in seven-star mantis boxing, which uses the temper force with grace, both long and short actions, harmonious and consistent actions of the hands and feet, forthright rhythm, integral strength and complete force, the actions of hook, grad, twining and closing, being coherent, compact and most changeful.

白猿孝母套路动作名称

Action Names of Routine White Ape Giving Presents to the Mother

第一段 Section One

1. 预备势 Preparatory Posture
2. 螳螂双封手 Mantis close up two hands
3. 白猿出洞 White ape comes out of the cave
4. 锁口捶 Mouth-locking hammer
5. 黑虎掏心捶 Black tiger draws out heart
6. 左封右崩捶 Left wrap and right snap hammer
7. 底漏圈捶 Circule hammer from leaky base
8. 采三手玉环步 Grab hands three times in jade-ring step
9. 左封右崩捶 Left wrap and right snap hammer
10. 蹬扑双叫 Kick and pounce with double-call

第二段 Section Two

11. 转身右圈捶 Turn body and circle right hammer
12. 里搂采三手 Brush inward and grab hand three times
13. 撩阴捶 crotch-uppercutting hammer
14. 左封右崩捶 Left wrap and right snap hammer

15. 采三手玉环步 Grab hand three times in jade-ring step
16. 左封右崩捶 Left wrap and right snap hammer

第三段 Section Three

17. 转身抡劈圈捶 Turn body, swing, hack and circle hammer
18. 上步抡劈圈捶 Step forward, swing hack and circle hammer
19. 邦肘 Help elbow
20. 左封右崩捶 Left wrap and right snap hammer
21. 采三手玉环步 Grab hand three times in jade-ring step

第四段 Section Four

22. 锁口捶 Mouth-locking hammer
23. 上步劈崩 Step forward to hack and snap
24. 螳螂千眼 Mantis with thousand eyes
25. 盖阳掌玉环步 Cover with Yang-palm in jade-ring step
26. 戳捶 Thrust hammer
27. 转身双封手 Turn body and close up two hands
28. 收势 Closing form

图 1

白猿孝母套路动作图解

Action Illustration of Routine White Ape Giving Presents to the Mother

第一段 Section One

1. 预备势 Preparatory Posture

（1）两脚并立；两手自然下垂，五指并拢，贴于体侧；目视前方。（图 1）

(1) Stand upright with feet together, the hands hung naturally with the fingers together and close to both sides of the body. Eyes look forward. (Figure 1)

图 2

（2）两手变拳上提，抱于两腰间，拳心向上；目视左方。（图 2）

要点：挺胸塌腰，头正颈直；挺胸收腹，抱拳迅速。

(2) The two hands change into fists and rise, hold on the waist with the fist-palm up. Eyes look leftward. (Figure 2)

Key points: keep the chest out and abdomen in, the head being correctitude and neck straight. Lift the chest, draw in the abdomen and hold fists quickly.

图 3

2. 螳螂双封手　Mantis close up two hands

（1）接上势。身体左转 90°，右脚提起向后撤一步；同时，右拳变掌，掌心向下，从后向身前划掌；左拳变掌向下插掌，掌心向下，以右前臂相交于腹前；目视两掌。（图 3）

(1) Follow the above posture, turn the body 90° to the left, lift the right foot and take a step backward. At the same time, change the right fist into palm, swing the right palm backward to the front of the body with the palm downward; change the left fist into palm and insert the palm downward with the palm down, crossing with the right forearm in front of the abdomen. Eyes look at the two palms. (Figure 3)

图 4

（2）上动不停。身体略向后倾斜；同时，两臂屈肘，两掌在胸前翻转绞手，右掌心向上，掌指向右，高与颌平；左掌心向右，掌指向后，略高于右手；目视前方。（图 4）

(2) Keep the above action, slant the body backward slightly. At the same time, bend the two elbows, turn over the two palms in front of the chest and twist the hands. Keep the right palm up with the fingers rightward, at chin height; keep the left palm rightward with the fingers backward, slightly higher than the right hand. Eyes look forward. (Figure 4)

图 5

（3）上动不停。重心略前移；同时，右掌前探，虎口向上，掌心向前，高与肩平；左掌护于右肩前，掌心向右，掌指向后；目视右掌。（图 5）

(3) Keep the above action, slightly shift the barycenter forward. At the same time, stretch the right palm forward, keep the tiger's mouth up, the palm forward, at shoulder height; the left palm guards in front of the right shoulder with the palm rightward and the fingers backward. Eyes look at the right palm. (Figure 5)

图 6

（4）上动不停。右臂屈肘，右掌变为螳螂钩，吊腕回拉于胸前，钩尖向下；同时，左掌前伸成掌指向前，掌心向下，高与肩平；目视左掌。（图 6）

(4) Keep the above action, bend the right elbow, change the right palm into mantis hook, hang the wrist and draw back to the front of the chest with the hook-tip downward. At the same time, stretch the left palm forward, keep the fingers forward and the palm down, at shoulder height. Eyes look at the left palm. (Figure 6)

图 7

（5）上动不停。左脚向后退半步，重心后移成左虚步；同时，左臂屈肘，左掌变为螳螂钩，吊腕回拉于左膝上方，钩尖向前，高与肩平；目视前方。（图 7）

要点：整个动作要连贯一致，快捷有力。

(5) Keep the above action, the left foot takes half a step backward, shift the barycenter backward into left empty stance. At the same time, bend the left elbow, change the left palm into mantis hook, hang the wrist and draw it back upon the left knee with the hook-tip forward, at shoulder height. Eyes look forward. (Figure 7)

Key points: the whole action shall be coherent and consistent, rapid and forceful.

图 8

3. 白猿出洞　White ape comes out of the cave

（1）接上势。身体起立，重心前移，右腿提膝，左腿独立；同时，左钩手变掌向前探出，掌心斜向上，掌指向前，高与肩平；右钩手变拳，置于右耳侧，拳心向外，拳眼向下；目视前方。（图 8）

(1) Follow the above posture, lift the body, move the barycenter forward, lift the right knee with the left leg standing alone. At the same time, change the left hook hand into palm and stretch it forward, keep the palm up aslant and the fingers forward, at shoulder height; change the left hook hand into fist and place it at the side of the right ear with the fist-plane outward and the fist-hole down. Eyes look forward. (Figure 8)

图 9

（2）上动不停。右脚向前跨一步，左脚随即跟步，身微左转，下蹲成蹬山步；同时，抡右臂向前斜劈拳，拳心向左，拳轮向下，高与肩平；左掌向里迎击右前臂，掌心贴于右前臂内侧，掌指向上；目视前方。（图 9）

(2) Keep the above action, the right foot takes a step forward, then the left one follows up, the body twists leftward, squats into mountaineering step. At the same time, swing the right arm and hack the fist incined forward, keep the fist-palm leftward and the palm wheel down, at shoulder height; the left palm counterpunches the right forearm inward, keep the palm close to the inner side of the right forearm with the fingers up. Eyes look forward. (Figure 9)

图 10

4. 锁口捶　Mouth-locking hammer

接上势。身体提起，右脚向前上一步，左脚随即跟步成蹬山步；同时，右拳收回胸前并向右格肘，右拳置于右耳侧，拳心向后，拳眼向外；左掌变拳收回腰间，随即向前平冲，拳心向下；目视左拳。（图 10）

Follow the above posture, the body lifts, the right foot takes a step forward, then the left foot follows up into mountaineering stance. At the same time, draw back the right fist to the front of the chest and parry the elbow rightward, place the right fist at the side of the right ear with the fist-palm backward and the fist-hole outward; change the left palm into fist and draw it back on the waist, then horizontally punch the left fist forward, keep the fist-plane down. Eyes look at the left fist. (Figure 10)

图 11

5. 黑虎掏心捶　Black tiger draws out heart

接上势。右脚向前上步，左脚随即跟步，身体左转 90°，向下蹲身成马步；同时，右拳收于腰间，随即向右下方冲拳，拳心向下，拳眼向前，高与腰齐；左拳变掌迎击右拳面，回收于右胸前，掌心向右，掌指向里；目视右拳。（图 11）

Follow the above posture, the right foot steps forward, then the left one follows up, the body turns 90° to the left and squats into horse stance. At the same time, draw the right fist on the waist, then punch the fist right downward, keep the fist-palm down and the fist-hole forward, at waist level; change the left fist into palm to counterpunch the right fist-plane, draw it back to the front of the right chest with the palm rightward and the fingers inward. Eyes look at the right fist. (Figure 11)

图 12

6. 左封右崩捶

Left wrap and right snap hammer

（1）接上势。身体右转 90°，右脚向前上步，随即左脚跟步，重心前移成蹬山步；同时，左手在胸前封抓变拳，拳心向下，高与肩平；右拳收抱于腰间，拳心向上；目视前方。（图 12）

(1) Follow the above posture, the body turns 90° to the right, the right foot steps forward, then the left one follows up, shift the barycenter forward into mountaineering stance. At the same time, grab the left hand in front of the chest and change it into fist with the fist-palm down, at shoulder height; draw the right fist back and hold on the waist with the fist-palm up. Eyes look forward. (Figure 12)

图 13

（2）上动不停。左拳屈臂回收于右胸前，拳心向下，拳面向右；右拳经左前臂内侧向前崩拳，拳心向里，拳面向上，高与颌平；目视右拳。（图 13）

要点：崩拳要有弹性，抖肩发力，力达拳背。

(2) Keep the above action, bend the left arm and draw back the left fist to the front of the right chest with the fist-palm down and the fist-plane right ward; swing and snap the right fist forward from the inner side of the left forearm, keep the fist-palm inward and the fist-plane up, at chin height. Eyes look at the right fist. (Figure 13)

Key points: Snapping the fist shall be flexible, send the shoulders to apply force that shall reach the fist-back.

图 14

7. 底漏圈捶 Circular hammer from leaky base

（1）接上势。身体起立，微向右转，左脚向左跨一步，重心落于两腿间；同时，右拳收抱于腰间，拳心向上；左拳变掌，从右肘下向前推出，掌心向前，掌指向上，高与肩平。（图 14）

(1) Follow the above posture, the body stands up and turns to the right slightly, the left foot takes a step leftward, the barycenter puts in the middle of the two legs. At the same time, draw the right fist back and hold it on the waist with the fist-palm up; change the left fist into palm and push it forward from lower port the right elbow, keep the palm forward and the fingers up, at shoulder height. (Figure 14)

图 15

（2）上动不停。身体微向左转，左脚收回，脚尖点地，左腿屈膝下蹲成右虚步；同时，右拳经胸前自右向左圈击，拳心向前，拳面向左；左掌向里迎击右前臂内侧，掌心贴于右肘内侧，掌指向上；目视右前方。（图 15）

(2) Keep the above action, turn the body to the left slightly, draw the left foot back with toes on ground, bend the left knee and squat into right empty stance. At the same time, the right fist circle-punch right to left through the front of the chest with the fist-palm forward and the fist-plane leftward; the left palm counterpunches the inner side of the right forearm inward, keep the palm close to the inner side of the right elbow with the fingers up. Eyes look right forward. (Figure 15)

图 16

8. 采三手玉环步

Grab hands three times in jade-ring step

（1）接上势。身体起立，重心前移至右腿；同时，右手向外翻腕采抓变拳，拳心斜向下，拳面向前，高与肩平。（图 16）

(1) Follow the above posture, the body rises, move the barycenter forward to the right leg. At the same time, turn the right wrist outward and grab into fist, keep the fist-palm down and the fist-plane forward, at shoulder height. (Figure 16)

图 17

（2）上动不停。身体略微右转成右弓步；同时，右拳收抱于腰间，拳心向上；左拳变掌，从胸前向前封抓变拳，拳心向下，拳面向右，高与肩平；目视左拳。（图 17）

(2) Keep the above action, slightly turn the body to the right into right bow stance. At the same time, draw back the right fist and hold it on the waist with the fist-palm up; change the left fist into palm, grab it forward through the front of the chest and change it into fist, keep the fist-palm down and the fist-plane rightward, at shoulder height. Eyes look at the left fist. (Figure 17)

图 18

（3）上动不停。身体略向左转；同时，右拳经左前臂内侧向前上方冲出，拳心斜向上，高与鼻齐；左拳回收于右胸前，拳心向下；目视右拳。（图 18）

(3) Keep the above action, turn the body to the left slightly. At the same time, punch the right fist upward ahead through the inner side of the left forearm with the fist-palm up aslant, at nose height; draw back the left fist to the front of the right chest with the fist-palm down. Eyes look at the right fist. (Figure 18)

图 19

（4）上动不停。身体向右转 90°，右拳收回抱于腰间，拳心向上；左拳变掌，经右臂外侧向前穿掌，掌心斜向上，掌指向左前方；目视左掌。（图 19）

(4) Keep the above action. wist the body 90° to the right, draw back the right fist and hold on the waist with the fist –palm up; change the left fist into palm and thread out the palm forward through the outer side of the right arm, keep the palm upward aslant ad the fingers left forward. Eyes look at the left palm. (Figure 19)

图 20

（5）上动不停。左脚向前跨一步，随即右脚跟步，身体向左转 90°，蹲身成玉环步；同时，左掌翻腕变拳，向左侧拉带，拳心向左，拳眼向下，高与肩平；右拳变掌，经胸前向左下方推掌，置于左膝外侧，掌心向左，掌指向前；目视左前方。（图 20）

(5) Keep the above action. the left foot takes a step forward, then the right one follows up, the body twists and turns 90° to the left , squats into jade-ring step. At the same time, the left palm turns the wrist into fist and draws leftward, keep the fist-palm left ward and the fist-hole down, at shoulder height; change the right fist in to palm and horizontally push it left downward through the front of the chest, place it at the outer side of the left knee, keep the palm leftward and the fingers forward. Eyes look left forward. (Figure 20)

图 21

9. 左封右崩捶

Left wrap and right snap hammer

（1）接上势。右脚向前上步，左脚随即跟步，向下蹲身成蹬山步；同时，右掌变拳收于右胸前，拳心向里；左手向里封抓变拳，拳心向下，拳眼向里，高与肩平；目视前方。（图 21）

(1) Follow the above posture. the right foot steps forward, then the left foot follows up, squat into mountaineering step. At the same time, change the right palm into fist and draw it back to the front of the right chest with the fist–palm inward; grab the left hand inward into fist, keep the fist –Palm down and the fist –hole inward, at shoulder height. Eyes look forward. (Figure 21)

图 22

（2）上动不停。左拳回收于右胸前，拳心向下，拳面向右；右拳经左前臂内侧向前崩拳，拳心向里，拳面向上，高与颌平；目视右拳。（图 22）

要点：崩拳要有弹性，抖肩发力，力达拳背。

(2) Keep the above action, draw back the left fist to the front of the right chest, keep the fist-palm down and the fist-plane rightward; swing and snap the right fist forward through the inner side of the left forearm, keep the fist-palm inward and the fist-plane up, at chin height;. Eyes look at the right fist. (Figure 22)

Key points: snapping the fist shall be flexible, send the shoulder to apply strength that shall reach the fist-back.

图 23

10. 蹬扑双叫　Kick and pounce with double-call

（1）接上势。身体起立，左转 90°，右脚向左脚后倒插步，左膝微屈，右脚跟抬起；同时，两拳变掌，经胸前摆至身体左侧，左掌心朝上，右掌心朝下，两掌指均向左，高与腰齐；目视左掌。（图 23、图 23 附图）

图 23 附图

(1) Follow the above posture. the body stands up and turns 90° to the left, the right foot does back cross step leftward, slightly bend the left knee, and lift up the right heel. At the same time, change the two fists into palms and swing them to the left side of the body through the front of the chest. Keep the left palm up and the right one down, both the fingers of the two palms leftward, at waist height. Eyes look at the left palm. (Figure 23. Attached figure 23)

图 24

（2）上动不停。重心左移，右脚踏实，左脚向左横跨一步成右弓步；同时，两掌抓握变拳，经胸前向右拉带，置于右膝外侧，左拳心向上，右拳心向下；目视左后方。（图 24、图 24 附图）

图 24 附图

(2) Keep the above action, shift the barycenter leftward, the right foot stamps firmly, the left one strides a step leftward into right bow stance. At the same time, clench the two palms and change them into fists, draw them rightward through the front of the chest and place them at the outer side of the right knee, with the left fist-palm up and the right one down. Eyes look left backward. (Figure 24, Attached figure 24)

图 25

第二段 Section Two

11. 转身右圈捶

Turn body and circle right hammer

接上势。身体起立，左转 90°，右脚略向前垫步；右拳从右向左圈击，拳心向下，拳眼向里，高与肩平；左拳经腹前向左划弧，随即变掌向里迎击右前臂内侧；目视前方。（图 25）

Follow the above posture, the body stands up and turns 90° to the left, the right foot slightly skips step forward, the right fist makes circle punch rightward to leftward, keep the fist-palm down and the fist-hole inward, at shoulder height; swing the left fist leftward through the front of the abdomen to draw a curve, then change it into palm and counterpunch the inner side of the right forearm. Eyes look forward. (Figure 25)

图 26

12. 里搂采三手

Brush inward and grab hand three times

（1）接上势。两腿步型不变；右拳变掌，向外、向上翻腕划弧，随即向里搂手变拳，拳心向下，拳面向左，高与肩平；目视前方。（图 26）

(1) Follow the above posture, keep the stance of the two legs changeless, change the right fist into palm, turn and swing the right wrist upward to draw a curve, then grab the right hand inward into fist, keep the fist-palm down and the fist-plane leftward, at shoulder hieght. Eyes look forward. (Figure 26)

图 27

（2）上动不停。右拳收抱于腰间，拳心向上；同时，左掌向前搂抓变拳，拳心向下，高与肩平；目视前方。（图 27）

(2) Keep the above action, draw the right fist back and hold it on the waist with the fist-palm up. At the same time, grab the left palm forward into fist with the fist-palm down, at shoulder height. Eyes look forward. (Figure 27)

图 28

（3）上动不停。右拳自腰间向前冲拳，拳心向下，拳面向前，高与肩平；同时，左拳屈臂回收于右肘下，拳心向下，拳面向右；目视右拳。（图 28）

(3) Keep the above action, punch the right fist forward from the waist, keep the fist-palm down and the fist-plane forward, at shoulder height. At the same time, bend the left arm to draw back the left fist under the right elbow, keep the fist-palm down and the fist-plane outward. Eyes look at the right fist. (Figure 28)

图 29

（4）上动不停。右脚向左脚内侧并步震脚；同时，右拳向下、向后摆拳，拳心向后，置于右臀部；左拳抡臂上摆，架于头顶上方，拳心向下，拳眼向后；目视前方。（图 29）

要点：采手迅速敏捷，冲拳力达拳面；震脚有力，挺胸收腹。

(4) Keep the above action, bring the right foot together to the inner side of the left one and stamp it. At the same time, swing the left fist downward and backward with the fist-palm backward, place it on the right buttock; swing the left arm upward, parry the left fist above the head, keep the fist-palm down and the fist- hole backward. Eyes look forward. (Figure 29)

Key points: picking the hand shall be quick and smart, the strength of punching the fist shall reach the fist-plane; stamping the foot shall be forceful, lift the chest and draw in the abdomen.

图 30

13. 撩阴捶　crotch-uppercutting hammer

接上势。左脚向前上一步，右脚随即跟步，身体下蹲成蹬山步；同时，右拳从后向前、向上反撩，拳眼向里，拳背斜向上，略低于肩；左拳变掌，从上向下迎击右前臂；目视右拳。（图 30）

要点：上步迅速，右拳撩击，力达拳背。

Follow the above posture, the left foot takes a step forward, then the right one follows up, the body squats into mountaineering step. At the same time, uppercut with the right fist from rear to upper front, keep the fist- hole inward and the fist-back up aslant, slightly lower than the shoulder; change the left fist into palm and counterpunch the right forearm upward to downward. Eyes look at the right fist. (Figure 30)

Key points: stepping forward shall be quick, thrusting the right fist upward with the strength reaching the fist-back.

图 31

14. 左封右崩捶

Left wrap and right snap hammer

（1）接上势。右脚向前上步，随即左脚跟步，重心前移成蹬山步；同时，左手向前封抓变拳，拳心向下，高与肩平；右拳收抱于腰间，拳心向上；目视前方。（图 31）

(1) Follow the above posture, the right foot steps forward, then the left one follows up, shift the barycenter forward into mountaineering step. At the same time, grab the left hand forward into fist, keep the fist-palm down at shoulder height; draw back the right fist and hold it on the waist with the fist-palm up. Eyes look forward. (Figure 31)

图 32

（2）上动不停。左拳屈臂回收于右胸前，拳心向下，拳面向右；右拳经左前臂内侧向前崩拳，拳心向里，拳面向上，高与颌平；目视右拳。（图 32）

要点：崩拳要有弹性，抖肩发力，力达拳背。

(2) Keep the above action, bend the left arm and draw the left fist to the front of the chest, keep the fist-palm down and the fist-plane outward, snap the right fist forward through the inner side of the left forearm, keep the fist-palm inward and the fist-plane up, at jaw height. Eyes look at the right fist. (Figure 32)

Key points: snap punch shall be flexible, snap the shoulders to send strength that shall reach the fist-back.

图 33

15. 采三手玉环步

Grab hand three times in jade-ring step

（1）接上势。身体起立，重心前移至右腿；同时，右手向外翻腕采抓变拳，拳心向下，拳面向前，高与肩平。（图 33）

(1) Follow the above posture, the body stands up, move the barycenter to the right leg. At the same time, turn the right wrist outward and grab it into fist, keep the fist-palm down and the fist-plane forward, at shoulder height. (Figure 33)

图 34

（2）上动不停。身体略微右转成右弓步；同时，右拳收抱于腰间，拳心向上；左拳变掌，从胸前向前封抓变拳，拳心向下，拳面向右，高与肩平；目视左拳。（图 34）

(2) Keep the above action, slightly turn the body to the right into right bow stance. At the same time, draw the right fist back and hold it on the waist with the fist–palm up; change the left fist into palm, grab it forward through the front of the chest and change it into fist, keep the fist –palm down and the fist –plane of the rightward, at shoulder height. Eyes look at the left fist. (Figure 34)

图 35

（3）上动不停。身体略向左转；同时，右拳经左前臂内侧向前上方冲出，拳心斜向上，高与鼻齐；左拳回收于右胸前，拳心向下；目视右拳。（图 35）

(3) Keep the above action, slightly turn the body to the left. At the same time, punch the right fist upward ahead through the inner side of the left forearm, keep the fist-palm up aslant at nose level; draw back the left fist to the front of the chest with the fist-palm down. Eyes look at the right fist. (Figure 35)

图 36

（4）上动不停。身体向右转 90°；右拳收抱于腰间，拳心向上；左拳变掌，经右臂外侧向前穿掌，掌心斜向上，掌指向左前方；目视左掌。（图 36）

(4) Keep the above action, twist and turn the body 90° to the right, draw back the right fist and hold it on the waist with the fist-palm up; change the left fist into palm and thread the palm out forward through the outer side of the right arm, keep the palm up aslant and the fingers leftward ahead. Eyes look at the left palm. (Figure 36)

图 37

（5）上动不停。左脚向前跨一步，随即右脚跟步，身体向左转 90°，蹲身成玉环步；同时，左掌翻腕变拳，向左侧拉带，拳心向外，拳眼向下，高与肩平；右拳变掌，经胸前向左下方推掌，置于左膝外侧，掌心向左，掌指向前；目视左前方。（图 37）

(5) Keep the above action, the left foot strides a step forward, then the right one follows up, twist and turn the body leftward by 90°, squats into jade-ring step. At the same time, turn the left wrist to change the left palm into fist and draw the fist to the left side, keep the fist-palm outward and the fist-hole down, at shoulder level; change the right fist into palm and horizontally push it left downward through the front of the chest, place it at the outer side of the left knee, keep the palm leftward and the fingers forward. Eyes look leftward ahead. (Figure 37)

图 38

16. 左封右崩捶

Left wrap and right snap hammer

（1）接上势。右脚向前跨一步，左脚随即跟步，向下蹲身成蹬山步；同时，右掌变拳收抱于腰间，拳心向上；左手向里封抓变拳，拳心向下，拳眼向里，高与肩平；目视前方。（图 38）

(1) Follow the above posture, the right foot strides a step forward, then the left foot follows up, squat into mountaineering step. At the same time, change the right palm into fist, draw the fist back and hold it on the waist with the fist-palm up; grab the left hand inward and change it into fist, keep the fist-palm down and the fist-hole inward, at shoulder height. Eyes look forward. (Figure 38)

图 39

（2）上动不停。左拳回收于右胸前，拳心向下，拳面向右；右拳经左前臂内侧向前崩拳，拳心向里，拳面向上，高与颌平；目视右拳。（图 39）

要点：崩拳要有弹性，抖肩发力，力达拳背。

(2) Keep the above action, draw back the left fist to the front of the right chest, keep the fist-palm down and the fist-plane rightward; hurl the right fist forward through the inner side of the left forearm, keep the fist-palm inward and the fist-plane up, at jaw height. Eyes look at the right fist. (Figure 39)

Key points: snap punch shall be flexible, snap the shoulders to send strength that shall reach the fist-back.

图 40

第三段 Section Three

17. 转身抡臂圈捶

Turn body, swing, hack and circle hammer

（1）接上势。身体起立，左转 90°；同时，右拳内翻抡臂后摆，拳心向后，置于右臀后侧；左臂随身向上、向左抡摆，拳心向前，拳眼斜向上；目视左拳。（图 40）

(1) Follow the above posture, the body stands up and turns 90° to the left. At the same time, turn the right fist inward and swing the arm backward with the fist-palm backward, place it at the back of the right buttock; swing the left arm upward and leftward with body turn, keep the fist-palm forward and the fist-hole up asiant. Eyes look at the left fist. (Figure 40)

图 41

（2）上动不停。身体左转 90°，右脚跟抬起，重心前移至左腿；同时，左拳向下、向后抡摆，拳眼向下，高与肩平；右拳随身向前。向下抡臂下劈，置于左膝前方，拳心向左，拳面斜向下；目视右拳。（图 41）

(2) Keep the above action, turn the body 90° to the left, raise the right heel, shift the barycenter to the left leg. At the same time, swing the left fist downward and backward with the fist-hole down, at shoulder height; swing the right arm forward and downward with body turn and hack downward with the right fist, place it in front of the left knee, keep the fist-palm inward and the fist-plane down aslant. Eyes look at the right fist. (Figure 41)

图 42

（3）上动不停。身体右转 90°，右脚踏实，重心后移，左腿收回，脚尖点地成左虚步；同时，左拳由左向右圈击，拳心向下，拳眼向里；右拳变掌迎击左前臂内侧；目视左方。（图 42）

要点：两臂抡摆连贯迅速，圈捶力达拳面。

(3) Keep the above action, the body turns 90° to the right, the right foot lands firmly, shift the barycenter backward, draw the left leg back, with toes on ground into left empty stance. At the same time, circle-punch the left fist form leftward to rightward with the fist-palm down and the fist-hole inward; change the right fist into palm to counterpunch the inner side of the left forearm. Eyes look leftward. (Figure 42)

Key points: swinging the two arms shall be coherent and quick, the strength of circle punch shall reach the striking surface of the fist.

图 43

18. 上步抡劈圈捶

Step forward, swing, hack and circle hammer

（1）接上势。身体起立，左脚上半步踏实；左拳外翻向前劈砸，拳心向上，拳眼向右，高与腰齐；右掌变拳，向下、向后摆拳，拳心向下，高与肩平。（图 43）

(1) Follow the above posture, the body stands up, the left foot takes a half-step forward firmly. Turn the left fist outward and hack forward, keep the fist-palm up and the fist-hole right ward, at waist height; change the right palm into fist and swing it downward and backward with the fist-palm down, at shoulder height. (Figure 43)

图 44

（2）上动不停。右脚向左前方上一步，身体左转180°；同时，右拳从后向前抡劈，拳心向里，拳轮向下；左拳随身向左、向上抡摆，拳心向下，拳眼向左，高与肩平；目视右拳。（图 44）

(2) Keep the above action, the right foot takes a step left forward, the body turns to the left by 180°. At the same time, swing to hack with the right fist from backward to forward, keep the fist-palm inward and the fist-wheel down; swing the left fist leftward and upward with body turn, keep the fist-Palm down and the fist-hole leftward, at shoulder height. Eyes look at the right fist. (Figure 44)

图 45

（3）上动不停。身体略向左转；同时，右拳向前、向上抡摆，拳心向左，拳眼向上；左拳向后、向下抡摆，拳眼向下，两臂呈一直线；目视右拳。（图 45）

(3) Keep the above action, slightly twist and turn the body to the left. At the same time, swing the right fist forward and upward, keep the fist-palm leftward and the fist -hole up; swing the left fist backward and downward with the fist-hole down. The two arms shall be at the same height. Eyes look at the right fist. (Figure 45)

图 46

（4）上动不停。身体右转 180°；同时，右拳随身向右、向后抡摆，拳眼向下，高与肩平；左拳向前、向下抡劈，拳心向右，拳轮向下；目视左拳。（图 46）

(4) Keep the above action, turn the body 180° to the right. At the same time, swing the right fist rightward and backward with body turn, keep the fist-hole down, at shoulder height; swing and hack with the left fist forward and downward, keep the fist-palm inward and the fist-wheel down. Eyes look at the left fist. (Figure 46)

图 47

（5）上动不停。身略左转，重心后移至左腿，右腿提膝，脚尖内扣；同时，右拳从后向前、向左圈击，拳面向里，拳心向下，高与肩平；左拳变掌，从外向里迎击右前臂，掌心贴于右前臂内侧；目视前方。（图 47）

要点：整个动作连贯迅速，协调一致。

(5) Keep the above action, slightly turn the body to the left, shift the barycenter to the left leg, raise the right knee with toes inward. At the same time, circle punch the right fist backward to forward and leftward, keep the fist face inward and the fist-palm down, at shoulder height; change the left fist into palm and counterpunch the right forearm outward to inward, keep the palm close to the inner side of the right forearm. Eyes look forward. (Figure 47)

Key points: the whole action shall be coherent and quick, harmony and consistent.

图 48

19. 邦肘　Help elbow

接上势。右脚向前落步，左脚随即跟步，重心前移成蹬山步；同时，左掌变拳，两拳交叉抱于胸前，左拳在里，右拳在外，随即左拳顶击右腕向前平推，两拳心均向下；目视前方。（图 48）

要点：落步轻灵稳健，两臂合力向前平推。

Follow the above posture, the right foot lands forward, then the left foot follows up, shift the barycenter forward into mountaineering step. At the same time, change the left palm into fist, cross the two fists and hold them in front of the chest, the left fist shall be inside while the right one outside, then the left fist strikes the right wrist and horizontally pushes forward. Both the palms shall be down. Eyes look forward. (Figure 48)

Key points: landing step shall be light and stable, the two arms horizontally push forward with resultant force.

图 49

20. 左封右崩捶

Left wrap and right snap hammer

（1）接上势。右脚向前上步，随即左脚跟步，重心前移成蹬山步；同时，左手向前封抓变拳，拳心向下，高与肩平；右拳收于胸前，拳心向里，拳面斜向上；目视前方。（图 49）

(1) Follow the above posture, the right foot steps forward, then the left one follows up,shift the bary center forward into mountaineering step. At the same time, grab the left hand forward and change it into fist with the fist-palm down, at shoulder height; draw back the right fist and hold it in front of the chest, keep the fist-palm inward and the fist-plane up aslant. Eyes look forward. (Figure 49)

图 50

（2）上动不停。左拳屈臂回收于右胸前，拳心向下，拳面向右；右拳经左前臂内侧向前崩拳，拳心向里，拳面向上，高与颌平；目视右拳。（图 50）

要点：崩拳要有弹性，抖肩发力，力达拳背。

(2) Keep the above action, bend the left arm to draw back the left fist and hold it in front of the right chest, keep the fist-palm down and the fist-plane right ward; hurl the right fist forward through the inner side of the left forearm, keep the fist-palm inward and the fist-plane up, at chin height. Eyes look at the right fist. (Figure 50)

Key points: snap punch shall be flexible, snap the shoulders to send strength that shall reach the fist-back.

图 51

21. 采三手玉环步

Garb hand three times in jade-ring step

（1）接上势。身体起立，左脚跟抬起，重心前移至右腿；同时，右手向外翻腕采抓变拳，拳心向下，拳面向前，高与肩平。（图 51）

(1) Follow the above posture, the body stands up, raise the left heel, move the barycenter forward to the right leg. At the same time, turn the right wrist outward and grab it into fist, keep the fist-palm down and the fist-plane forward, at shoulder height. (Figure 51)

图 52

（2）上动不停。身体略微右转；同时，右拳收抱于腰间，拳心向上；左拳变掌，从胸前向前封抓变拳，拳心向下，拳面向右，高与肩平；目视前方。（图 52）

(2) Keep the above action, slightly turn the body to the right. At the same time, draw back the right fist and hold it on the waist with the fist-palm up; change the left fist into palm, grab it forward through the front of the chest, keep the fist-palm down and the fist-plane rightward, at shoulder level. Eyes look forward. (Figure 52)

图 53

（3）上动不停。身体略向左转；同时，右拳经左前臂内侧向前上方冲出，拳心斜向上，高与鼻齐；左拳回收于右胸前，拳心向下；目视右拳。（图 53）

(3) Keep the above action, slightly turn the body to the left. At the same time, punch the right fist forward ahead through the inner side of the left forearm, keep the fist-palm up aslant, at nose height; draw back the left fist and hold it in front of the chest with the fist-palm down. Eyes look at the right fist. (Figure 53)

图 54

（4）上动不停。身体向右转 90°；右拳收抱于腰间，拳心向上；左拳变掌，经右臂外侧向前穿掌，掌心斜向上，掌指向左前方；目视左掌。（图 54）

(4) Keep the above action, twist and turn the body 90° to the right, draw back the right fist and hold it on the waist with the fist-palm up; change the left fist into palm and thread the palm forward through the outer side of the right arm, keep the palm up aslant and the fingers left forward. Eyes look at the left palm. (Figure 54)

图 55

（5）上动不停。左脚向前跨一步，随即右脚跟步，身体向左转 90°，蹲身成玉环步；同时，左掌翻腕变拳，向左侧拉带，拳心向左，拳眼向下，高与肩平；右拳变掌，经胸前向左下方推掌，置于左膝外侧，掌心向左，掌指向前；目视左前方。（图 55）

(5) Keep the above action, the left foot strides a step forward, then the right one follows up, twist and turn the body 90° to the left, squat into jade-ring step. At the same time, turn the left wrist and change the left palm into fist, draw it to the left side, keep the fist-palm leftward and the fist-hole down, at shoulder height; change the right fist into palm and horizontally push it left downward through the front of the chest, place it at the outer side of the left knee, keep the palm leftward and the fingers forward. Eyes look left forward. (Figure 55)

图 56

第四段 Section Four

22. 锁口捶 Mouth-locking hammer

（1）接上势。身体起立，右转 90°，抬右脚向前进步，左脚随即跟步；同时，右掌变拳收于左腰前，掌心向上；左拳向下摆于左腰侧，拳心向后，拳眼斜向下；目视右方。（图 56）

(1) Follow the above posture, the body stands up and turns to 90° to the right, the right foot lifts and steps forward, then the left one follows up. At the same time, change the right palm into fist and draw it back to the front of the left waist with the fist-palm up; swing the left fist downward to the side of the left waist, keep the fist-palm backward and the fist-hole downward aslant. Eyes look rightward. (Figure 56)

图 57

（2）上动不停。身体右转 180°，左脚向前上一步，右脚跟步；同时，右臂屈肘，经胸前向右格肘，拳心向后，置于右耳侧；左拳立拳向前平冲，拳心向右，高与肩平；目视左拳。（图 57）

要点：上步，格肘与冲拳同时进行。

(2) Keep the above action, turn the body 180° to the right, the left foot takes a step forward, the right one follows up. At the same time, bend the right elbow through the front of the chest and parry the elbow rightward with the fist-palm backward, place it at the side of the right ear; horizontally punch the left fist forward with the thumb side up, keep the fist-palm rightward at shoulder height. Eyes look at the left fist. (Figure 57)

Key points: step forward, parrying the elbow and punching the fist shall be made simultaneously.

图 58

23. 上步劈崩　Step forward to hack and snap

（1）接上势。右脚向前上一步，重心前移成右弓步；右臂抡起，自后向前劈拳，拳心向左，拳轮向下，高与肩平；左拳变掌迎击右前臂，掌指向上，掌心贴于右肘内侧；目视右拳。（图 58）

(1) Follow the above posture, the right foot takes a step forward, shift the barycenter forward into right bow stance. Swing the right arm and hack the right fist backward to forward, keep the fist-palm leftward and the fist-palm down, at shoulder height; change the left fist into palm and counterpunch the right forearm, keep the fingers up ward and the palm close to the inner side of the right elbow. Eyes look at the right fist. (Figure 58)

图 59

（2）上动不停。左掌向前封抓变拳，拳心向下，高与肩平；右拳向下收于腹前，拳心向里；目视前方。（图 59）

(2) Keep the above action, grab the left palm forward and change it into fist with the fist-palm down, at shoulder height; draw the right fist downward to the front of the abdomen with the fist-palm inward. Eyes look forward. (Figure 59)

图 60

（3）上动不停。左拳屈臂回收于右胸前，拳心向下，拳面向右；右拳经左前臂内侧向前崩拳，拳心向里，拳面向上，高与颌平；目视右拳。（图 60）

要点：劈拳要以肩带动抡臂下劈，力达拳轮，崩拳要拧腰抖肩，力达拳背。

(3) Keep the above action, bend the left arm and draw the left fist back to the front of the right chest, keep the fist-palm down and the fist-plane right ward; snap the right fist forward through the inner side of the left forearm, keep the fist-palm inward and the fist-plane of the fist up, at chin height. Eyes look at the right fist. (Figure 60)

Key points: hacking with the fist shall be driven by the shoulders and swinging the arm to hack downward, the strength shall reach the fit-wheel; snap punch shall be done by twisting the waist and snap the shoulders with the strength reaching the fist-back.

图 61

24. 螳螂千眼 Mantis with thousand eyes

（1）接上势。身体重心上提；右拳变掌，向下、向右划掌于右胯侧；左拳变掌向前经右臂外侧划出，掌心向前，掌指向右，高与肩平；目视左掌。（图 61）

(1) Follow the above posture, raise the barycenter of the body. Change the right fist into palm and swing the palm downward and rightward to the side of the right hip; change the left fist into palm and swing it forward, keep the palm forward and the fingers rightward, through the outer side of the right arm at shoulder height. Eyes look at the left palm. (Figure 61)

图 62

（2）上动不停。身体左转 90°；同时，左掌向上、向左划掌，掌心向左置于左耳侧；右掌随身向上划弧，掌心向上，高与头平；目视右掌。（图 62）

(2) Keep the above action, turn the body 90° to the left. At the same time, swing the left palm upward and leftward, place it at the side of the left ear with the palm outward; swing the right palm upward to draw a curve with body turn, keep the palm up, at head height. Eyes look at the right palm. (Figure 62)

图 63

（3）上动不停。身体下蹲成玉环步，上身向前倾斜；同时，左掌变钩手，屈臂收于胸前，钩尖向下；右掌向左经胸前变钩手，再向右后方反撩，钩尖向上，高与肩平；目视右后方。（图 63）

(3) Keep the above action, squat into jade-ring step, slant the upper part of the body forward. At the same time, change the left palm into hook hand, bend the left arm to draw the hook hand to the front of the chest with the hook-tip downward; change the right palm into hook hand leftward through the front of the chest, then uppercut upward inversely to the right backward with the hook-tip upward, at shoulder height. Eyes look right backward. (Figure 63)

图 64

25. 盖阳掌玉环步

Cover with Yang-palm in jade-ring step

（1）接上势。身体起立，右转 180°，左脚跟提起，重心前移成叉步；同时，两臂抱于胸前，左钩手变掌置于右腋下，右钩手变掌抱于左肘外侧；目视左侧。（图 64）

(1) Follow the above posture, the body stands up and turns 180° to the right, raise the left heel, shift the barycenter forward into a cross step. At the same time, hold the two arms in front of the chest, change the left hook hand into palm and place it under the right armpit, change the right hook hand into palm and hold it at the outer side of the left elbow. Eyes look left side. (Figure 64)

图 65

（2）上动不停。右手变拳收于腰间，拳心向上；左掌从右臂外侧向前盖掌，掌心向上，掌指向前，高与头顶平；目视左掌。（图 65）

(2) Keep the above action, change the right hand into fist and hold it on the waist with the fist palm up; the left palm covers forward from the outer side of the right arm, keep the palm up and the fingers forward, at head top height. (Figure 65)

图 66

（3）上动不停。左脚向前上一步，右脚随即跟步，身体下蹲成玉环步；同时，左掌变拳，左臂屈肘向左拉带，拳心向下，拳眼向右，高与肩平；右掌向左侧平推掌，置于左膝外侧，掌心向左，掌指向前；目视前方。（图 66）

要点：上步快捷稳健，向左推掌要以腰胯带动，与左臂劲力相合，协调一致。

(3) Keep the above action, the right foot takes a step forward, then the left one follows up, the body squats into jade-ring step. At the same time, change the left palm into fist, bend the left elbow and pull leftward, keep the fist-palm down and the fist-hole right ward, at shoulder height, horizontally push the right palm to the left side and place it at the outer side of the left knee, keep the palm leftward and the fingers forward. Eyes look forward. (Figure 66)

Key points: stepping forward shall be quick and stable, pushing the palm leftward shall be driven by the waist and crotch, the force shall coincide with that of the left arm, harmonious and consistent.

图 67

26. 戳捶 Thrust hammer

（1）接上势。身体起立，略向右转；同时，左拳变掌向前探掌，掌心向右，掌指向前，高与肩平；右掌变拳收抱于腰间，拳心向上；目视前方。（图 67）

(1) Follow the above posture, the body stands up and slightly turns to the right. At the same time, change the left fist into palm and stretch the palm forward, keep the palm rightward and the fingers forward, at shoulder height; change the right palm into fist and hold it on the waist with the fist-palm up. Eyes look forward. (Figure 67)

图 68

（2）上动不停。右脚向前上步，左脚随即跟步，重心前移成蹬山步；同时，右拳向前立拳平冲，拳心向左，高与肩平；左掌迎击右拳面，掌指向上附于右肘内侧；目视右拳。（图 68）

(2) Keep the above action, the right foot steps forward, then the left one follows up, shift the barycenter forward into mountaineering stance. At the same time, horizontally punch the right standing fist forward, keep the fist-palm leftward at shoulder height; the leftpalm counterpunch the right fist-plane of the fist, keep the fingers upward and close to the inner side of the right elbow. Eyes look at the right fist. (Figure 68)

图 69

27. 转身双封手

Turn body and close up two hands

（1）接上势。身体起立，左转身 180°，重心落于两腿间；同时，右拳变掌，向右划弧，两掌交叉于腹前，掌心均向下；目视两掌。（图 69）

(1) Follow the above posture, the body stands up and turns 180° to the left, put the barycenter in the middle of the two legs. At the same time, change the right fist into palm and swing it rightward to draw a circle, cross the two palms in front of the abdomen with the palms down. Eyes look at the two palms. (Figure 69)

图 70

（2）上动不停。身体略向后倾斜；同时，两臂屈肘，两掌在胸前翻转绞手，右掌掌心向上，掌指向右，左掌心向右，两掌高与颌平；目视前方。（图 70）

(2) Keep the above action, slant the body backward slightly. At the same time, bend the two elbows, turn over and twist the two palms in front of the chest, keep the right palm up, the fingers rightward, and the left palm rightward. The two palms shall be at chin height. Eyes look forward. (Figure 70)

图 71

（3）上动不停。重心略前移；同时，右掌前探，掌心向前，虎口向上，高与肩平；左掌护于右肩前，掌指向上，掌心向右；目视右掌。（图 71）

(3) Keep the above action, slightly move the barycenter forward. At the same time, stretch the right palm forward, keep the palm forward, tiger's mouth up, at shoulder height; the left palm guards in front of the right shoulder, keep the fingers up and the palm right ward. Eyes look at the right palm. (Figure 71)

图 72

（4）上动不停。右臂屈肘，右掌变为螳螂钩，吊腕钩拉于胸前，钩尖向右；同时，左掌向前探，掌心向左，掌指向前，高与肩平；目视左掌。（图 72）

(4) Keep the above action, bend the right elbow, change the right palm into mantis hook, hang the wrist and draw it to the front of the chest with the hook-tip rightward. At the same time, stretch the left palm forward, keep the palm leftward and the fingers forward, at shoulder height. Eyes look at the left palm. (Figure 72)

图 73

（5）上动不停。身体下蹲成玉环步；同时，左臂屈肘，左钩手吊腕回拉于左膝上方，略低于肩；目视左前方。（图 73）

(5) Keep the above action, squat the body, forming a jade-ring step. At the same time, bend the left elbow, hang the left hook hand and draw it back above the left knee, slightly lower than the shoulders. Eyes look left forward. (Figure 73)

图 74

28. 收势 Closing form

（1）身体重心提起，略向右转身；同时，两钩手变掌，经胸前上托，随即向两侧分掌，两臂成水平，两掌心向外，掌指向上；目视右掌。（图 74）

(1) Lift the barycenter of the body and turn the body to the right slightly. At the same time, change two hook hands into palms to lift through the front of the chest, then separate the palms to both sides. Keep two arms horizontal, with the palms outward and the fingers up. Eyes look at the right palm. (Figure 74)

图 75

（2）上动不停。左脚向右脚并步；同时，两掌变拳抱于腰间；目视前方。（图 75）

(2) Keep the above action, bring the left foot and right one together. At the same time, change two palms into fists and hold on the waist. Eyes look forward. (Figure 75)

图 76

（3）上动不停。两拳变掌，自然下垂于身体两侧；目视前方。（图 76）

要点：挺胸收腹，平心静气，体态自然，精神内敛。

(3) Keep the above action, change the fists into palms and drop at both sides of the body naturally. Eyes look forward. (Figure 76)

Key points: lift the chest, draw in the abdomen, posture is natural and vital energy collects inward.

全套动作演示图

Demonstration of All the Action

图 1

图 2

图 3

图 4

图 5

图 6

图 7

图 8

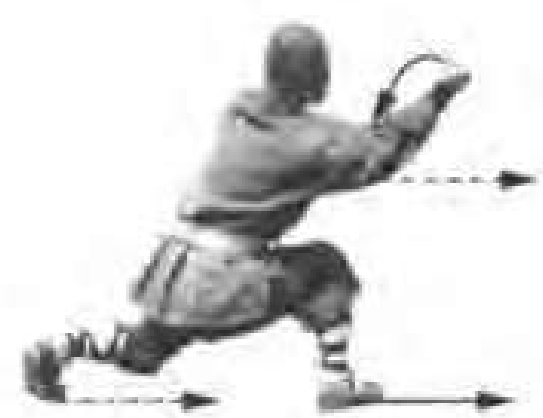

图 9

图 10

图 11

图 12

图 13

图 14

图 15

图 16

图 17

图 18

图 19

图 20

图 21

图 22

图 23

图 23 附图

图 24

图 24 附图

图 25

图 26

图 27

图 28

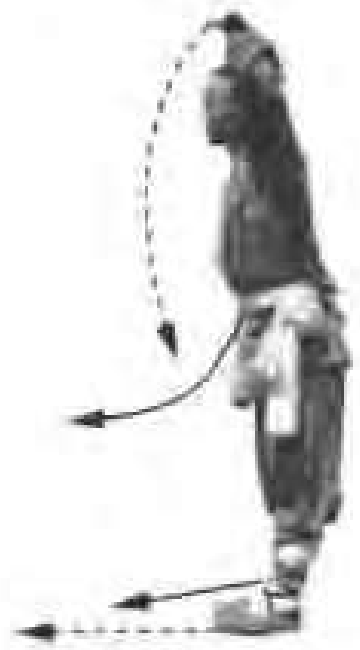

图 29

图 30

图 31

图 32

图 33

图 34

图 35

图 36

图 37

图 38

图 39

图 40

图 41

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图 43

图 44

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图 64

图 65

图 66

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图 69

图 70

图 71

图 72

图 73

图 74

图 75

图 76